

# AIRCRAFTSMAN

THE NEWSPAPER FOR THE CORPUS CHRISTI ARMY DEPOT



## Depot Field Teams Prove their Mettle in the Desert

By Ed Mickley, CCAD Public Affairs

Corpus Christi, TX -- In response to a call in late April, Corpus Christi Army Depot sent a Pre-Shop Analysis field team to Amman, Jordan to perform an assessment on one of their SA-60 helicopters that sustained structural damage during brown-out conditions caused by a desert wind storm.

The team of three, Rick Hunter, CCAD Representative; Joe Salas, PSA Structural Examiner; and Terrence O'Deay, PSA AMG Examiner completed the assessment within three days and recommended that CCAD send an on-site field team to complete the repairs.

During the process, Salas crafted a repair workbook the field team would follow to expedite the nose and transition section repairs on the SA-60. It identified the process and parts required to complete the work.

After coordination, an aircraft structure Depot Field Team consisting of three sheet metal artisans, Glenn Ball (team lead), James Trevino and Joseph



Joe Salas, PSA Structural Examiner completes the assessment on the Jordanian Helicopter.

Cerda departed for Amman, July 21.

"The Jordanians were great to work with," said Hunter. "They were eager to learn and very appreciative of our support."

Having received all the necessary parts and completing the pre-requisite tool-box inventory, the team went to work in short order, diving into the project. Despite temperatures that exceeded 120 degrees F, the team working in a hangar, completed the necessary repairs in just 32 days.

When the structural team was finishing their work,

another field team consisting of a painter, Alfred Perez, and a Quality Control Inspector, Brian Jacobs, traveled on-site with Hunter.

Jacobs completed his inspection of the aircraft allowing the team to prepare it for paint.

Perez, without a matching color on-site, went to work mixing and blend-

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Terrence O'Deay, PSA AMG Examiner completes the assessment on the Jordanian Helicopter.

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# AMCOM's Maj. Gen. Rogers Arrives For Initial Depot Tour



Maj. Gen. James Rogers, commanding General, AMCOM, is introduced to Naval Air Station Corpus Christi's Commanding officer, Capt. Randall Pierson by Col. Christopher Carlile, CCAD Commander prior to the Commanding General's tour of the depot. Photo by Ed Mickley, CCAD PAO.

Corpus Christi, Texas--Maj. Gen. James Rogers flew into Corpus Christi's Naval Air Station to visit its largest tenant, Corpus Christi Army Depot Nov. 30.

Spending the first of two half-days, Aviation and Missile Command's Commanding General, embarked immediately on a thorough tour of the depot moments after landing. Accompanied by Ronnie Chronister, AMCOM's Deputy CG, the afternoon tour, hosted by Col. Chris Carlile, CCAD Commander, began at the model of the depot in the lobby of Building 8.

The group traveled through Pre-shop Analysis, Hangars 43 (Structures/Electrical and Crash Damage programs),

45 (CH-47/OH-58 programs) and 47 (Pavehawk) then onto the Fluid Cell Press in the Foundry.

After Gen. Rogers operated the press and fabricated a part, Col. Carlile presented him with a plaque naming him an "Honorary Aircraft Artisan."

Following the Fluid Cell Press demonstration, Gen. Rogers visited the Blade Shop and was briefed on blade shop operations, plans for the facility expansion, and increased production capacity through the installation of the blade bonding fixture.

The final stop of the day was the construction site for the Dynamic Components Repair Facility. Each step of the way, by way of the briefers and



MG Rogers receives an overview of the UH-60 production and T55 engine lines by Directors Jim Kaylor (above) and Joe Herrera (below). Photos by Ervey Martinez.

depot leadership, the general expressed interest in the operation, production techniques, processes and improvements, offering suggestions and comments about the depot.

The next morning the general and Mr. Chronister engaged with a panel of directors and partners in a series of presentations culminating in a wide-ranging round-table discussion.

After the meeting, the depot tour continued in Building 8, with briefings in the T-55 and T-700 production areas, including Test Cell 11. Following the briefings in Engines, the group also visited the Transmission area and concluded with a briefing in the Ergonomics Lab.

## Depot Field Teams, Cont'd

ing what was available and matched the aircraft's paint scheme.

"He did an excellent job in matching the color," said Hunter. "We didn't have the right color on hand."

Hunter added, "The mission was performed on schedule, excellently by true profes-



sionals who take pride in their work."

CCAD uses Depot Field Teams to travel on-site to leverage expertise, resources and partners to enhance readiness and mission capability for overseas contingency operations. The teams provide real time assistance, reach-back capability for maintenance and logistics, as well as recovery, disposition, and shipment.

(left) Painter, Alfred Perez performs his magic.



## Depot Delivers 400th Honeywell T-55 Engine

By Ed Mickley, CCAD Public Affairs

Corpus Christi, TX - Corpus Christi Army Depot with partner, Honeywell International, celebrated completion of the 400th T55-GA-714A engine overhaul with a small cake-cutting ceremony here Nov. 17, 2010. The first engine overhaul was completed in May 2006.

The T55-GA-714A engine is used in the Army's CH-47 Chinook helicopters and Special Operations MH-47 helicopters. This engine replaced the older T55-712 engine and with its additional power, allows the Chinook to operate safely at the extreme altitudes in Afghanistan.

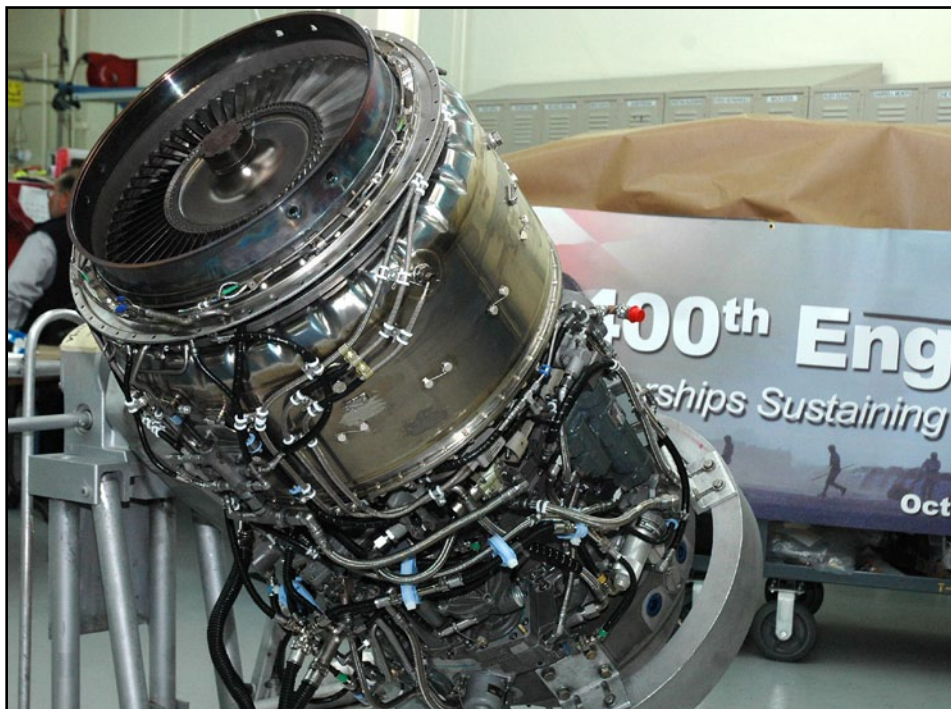
"This milestone was made possible by the great partnership we share with Honeywell," said Col. Christopher Carlile, CCAD Commander.

Honeywell International began its relationship with CCAD in 2005 with a Technical, Engineering and Logistical Services and Supplies (TELSS) contract. Eighteen personnel, ranging from a site manager, logistics manager, material coordinators, Lean Six Sigma analyst, engineering support and a production analyst, are embedded in the T55 Engine Shop.

Carlile, a Chinook pilot, under-



T-55 Engine Shop subassembly shop supervisor, Art PonceDeLeon and Col. Christopher Carlile, CCAD Commander, cut the cake Air Assault style with the depot's saber during the event. Photo by Kiana Allen



The T55-GA-714A engine is used in the Army's CH-47 Chinook helicopters and Special Operations MH-47 helicopters. This engine replaced the older T55-712 engine and with its additional power, allows the Chinook to operate safely at the extreme altitudes in Afghanistan. Photo by Ed Mickley, CCAD PAO.

stands how critical quality engines are. "It's important when you have Soldiers pinned down and you got to get them out. Since CCAD has been supporting the fight with engines and transmissions, I do not know of a time when we were not able to get the Soldiers out."

"Joe Herrera [Director, Power Train Directorate] and his team continue to produce quality engines for the Warfighter," Carlile said. "Our Soldiers flying Chinooks can be confident the engines on their birds are of the highest quality."

Due to continuous improvement, new technologies, and process streamlining within the partnership, the repair turnaround time has been reduced from 150 days on average at the start of the program in 2006 to just over 100 days for 2010. This year, the depot is scheduled to overhaul 138 engines, the highest total to date.

Stephen Bachmeyer, supervisor for CCAD's T-55 Engine Shop, mentioned his goal is to get the turnaround time below 90 days. He believes the team is capable. Complimenting the team on how far they've come, he said, "this team is the best out there in the avia-

tion industry."

Carlile added, "This support is what Army aviation is about, the dedication our branch has to our Soldiers and the joint fight."

CCAD's team of maintenance, repair, and overhaul artisans work in concert to generate an asset for Army aviation that is equal to or better than a new one. The CCAD team presently repairs T-55 and T-700 engines, transmissions, components, OH-58 Kiowa Warrior, UH-60 Black Hawk, AH-64D Apache, and CH-47 Chinooks, returning them to the fight.



(l-r) Joe Herrera, Director, Power Train Production; Col. Christopher Carlile, CCAD Commander and Mike Boies, Honeywell Site Manager flank the 400th T55-GA-714 Honeywell engine overhauled at the depot, ready to return to the fight. Surrounding the trio are many of the CCAD artisans involved in producing the engines. Photo by Kiana Allen.



## CCAD Aviation Readiness Division launches DFT to Ft. Rucker to Improve Repair Process

*Story and photos by Jerry New*

During March 2010, CCAD Aviation Readiness Division was tasked by AMCOM via PWD to launch a Depot Field Team to Ft. Rucker to assist in the application of Aviation Maintenance Action Message (AMAM), Cabin Roof Beam/Pylon Support, H-58-10-AMAM-05.

This effort was to be a 180 day requirement since all 36 OH-58D in the Rucker Fleet required the AMAM application.

CCAD employees Joseph Cerda and James Trevino arrived on site in late March and commenced work on the Fleet for the first 90 day period.

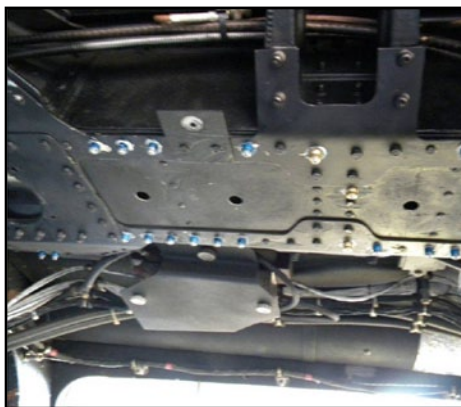
In late July, employees Cerda and Trevino returned to CCAD and were replaced by employees Joe Werner and Luis Gaitan. Mr. Gaitan spent approximately 2 weeks on the project and had to return home due to Reserve Duty. He was replaced in early August by CCAD employee Fred Westphal.



*The initial position of aircraft when the application began. All the upper cowling is removed, interior wiring & avionics boxes removed, and aircraft jacked and leveled.*



*CCAD employee Joe Werner preps interior of aircraft with foam pad for protection of wiring and himself as he prepares for the inspection effort.*



The cabin roof panel (above) has half inch holes drilled to allow access for power wash cleaning and subsequent bore scope inspection.

All of the structural components above this panel are inspected for material wear, flexing, cracks and fretting. Any damaged components outside limits of the TM must be replaced.

If damage is found requiring replacement of components, the aircraft must then be de-populated extensively before the cabin roof panel can be removed.

Once all of this is accomplished with aircraft jacked and leveled, depot-level repair tasks can begin.



Once all repair work is completed and final inspections accomplished, Mr. Werner and Mr. Westphal re-install the cabin roof panel with a very precise rivet pattern since this panel provides structural support in the cabin roof area after re-population. Each rivet must be inspected via bore scope to assure proper pull, etc prior to final sell.

To date, the CCAD Team has completed repair effort on 14 of 36 aircraft in the fleet. Considerably improvements have been made in the inspection process so with reduced turn around time, the project should complete on or ahead of schedule.

## Veterans Suicide Prevention Hotline

**1-800-273-TALK, Veterans Press 1**

The Department of Veterans Affairs' (VA) Veterans Health Administration (VHA) <http://www.va.gov/health> has a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors.

To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline.

Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press "1" to be routed to the Veterans Suicide Prevention Hotline.

## The Aircraftsman

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# Maj. Gen. Lin of Taiwan Army Aviation Depot Tours CCAD

By Ed Mickley, CCAD Public Affairs,  
Photos by Ervey Martinez

Corpus Christi Army Depot, TX (Nov. 8, 2010) – Maj. Gen. Clark Lin, Commander, Taiwan Army Aviation Depot and Director Lt. Col. Chun-Hsien Huang of the Technical Capabilities Development Office for the facility located in Kueiren, Taiwan made it a point to tour CCAD's facility to gain understanding of the processes used for rotary wing repair.

Their interest focused on repair processes for the UH-60 Black Hawk and the GE T700 engine line. The group visited the UH-60 and HH-60 lines, and T700 engine areas and finished at the depot's Rotor Blade Repair Facility to gain understanding of the composite repair process. They also visited the Ergonomic Center, Non-destructive Testing, and Shot Peen facility.



Maj. Gen. Clark Lin, Commander, Taiwan Army Aviation Depot, and Lt. Col. Chun-Hsien Huang, Director of the Technical capabilities office are introduced to CCAD and the overall layout of the site by William Braddy, Deputy for Support Operations and Kresten Cook, Deputy for Maintenance Operations.



Director of Components Production, Roy Hollins, shows Maj. Gen. Clark Lin and Lt. Col. Chun-Hsien Huang the component repair process during the groups tour of the component repair facility.

Maj. Gen. Clark Lin and Lt. Col. Chun-Hsien Huang examine engine components as they are received before repair on the T-700 engine production line. The group was at the depot to understand repair process for the UH-60 Black Hawk.

## Fantastic Feedback From the ARD Folks in the Field

I want to thank you for the latest edition of the AirCRAFTSMAN. Your publication keeps my homesickness at bay with the latest depot accomplishments.

I'm a member of the CCAD Aviation Readiness Division under the direction of Division Chief Rick Hunter. All (ARD) members deploy six months out of the year to Iraq and Afghanistan in support



of Army aviation readiness.

CCAD is a significant component of the Theater Aviation Maintenance Program (TAMP) down-range. CCAD's mission does not end with the shipment of the completed product. In addition, CCAD provides parts, artisans and expertise to the unit in the field. I attached some images of my daily life at Joint Base Balad, Iraq.





## Deaf and hearing impaired get new communication equipment

By Brigitte Rox, CCAD Publicist

Photos by Ervey Martinez

A new piece of equipment was introduced to the Corpus Christi Army Depot to help the deaf and hard of hearing communicate with their supervisors and co-workers. The UbiDuo communicator, a portable, wireless, battery-powered, stand-alone communication device that facilitates simultaneous face-to-face communication, was selected after a trial at the depot October 1.

"It allows the employee and supervisor to communicate better," said James W. Hoeber, the Individuals with Disabilities Program Manager in the Equal Employment Office.

"The UbiDuo is a communication device that enables people who are deaf or hard of hearing to communicate instantly with anyone, face-to-face, without a third party to interpret," said Hoeber. The device allows up to four people to engage in conversation at one time.

In more familiar terms, the device is like a pocket instant messenger for individuals in close proximity. At six pounds, it is lightweight and folds for easy transport and its USB port connects to a computer so conversations can be saved and printed. It boasts the availability of emoticons to allow users to express themselves clearly.

"I'm constantly looking for stuff to help people that have disabilities," he said. Hoeber estimates there are roughly half a dozen hearing impaired depot employees who could use the device.

A few employees complained of a lack of communication in shop meetings. Discussions with other employees were not being communicated effectively to those hard of hearing, leaving them left out of the loop. "It was really a bad deal," said Hoeber.

It was at that point that Jimmy Duncan, a plastic worker in the Composites Division, attended a disabilities conference and discovered the UbiDuo. Since the unit was loaned at no cost, Duncan took the opportunity to show it to some of the directorates to see if it would be a viable piece of



equipment for their work centers.

There are now several units in use at the Directorate of Components Production and a few scattered throughout the depot but it is Hoeber's wish to have at least one UbiDuo communicator in every directorate.

"The UbiDuo results in the deaf and hard of hearing employees being better informed about what's going on and allows these individuals to play a bigger role in the decision-making process regarding the work load," said Hoeber.

"The communicator is especially advantageous when the supervisor and employee need to converse one-on-one for only a short period of time, for example, counseling, job clarifications, safety briefings, appraisals, leave requests and job interviews."

The device and training is free through the Computer/Electronic Accommodations Program. CAP is a U.S. Department of Defense program that assists DoD and other federal agencies by purchasing assistive technology and related services, training, and assisting in accommodating workers with disabilities.

The EEO has an annual budget for hiring live interpreters for depot events or interviews. The UbiDuo will replace



live interpreters needed during interviews, offering tangible cost saving potential at \$150 per hour and could save thousands of dollars, annually.

"The UbiDuo is the perfect solution for anyone with communication barriers."

Several devices and services are typically used to assist communication with the deaf and hard of hearing. They include assistive listening devices which improve auditory discrimination by overriding distracting background noises; signaling devices that communicate through visual or vibrating signals; amplified telephone equipment to increase the volume and clarity of standard telephone handsets; interpreter services that provide sign language, oral and tactile interpreting services for deaf or hard of hearing individuals; captioning services and video communication devices.

Those interested in ordering one or several UbiDuo devices for their shop are encouraged to call James Hoeber at the EEO Office.



## Depot Employees Top Goal, Donate \$672,000 to Combined Federal Campaign

By Janis Brooks and Ed Mickley

Corpus Christi, Texas (Dec. 9, 2010) – With the Corpus Christi Army Depot paving the way, the Coastal Bend Combined Federal Campaign, a powerful community of caring federal agencies and employees, exceeded \$1.1 million for this year's program of giving.

Numerous agencies were honored for their participation and contributions during the CFC annual awards luncheon at Joe Cotton's Barbeque Restaurant, Dec. 9, 2010.

The depot's initial goal was \$300,000, but after raising \$600,000 for last year's campaign, CCAD Commander, Col. Christopher Carlile, set a new goal to exceed it.

"We need to kick that 60-yard field goal," he emphasized, spurring the depot to try that much harder to reach an ultimate goal of \$1 million.

With Carlile's support, Tomi Myers,



Col. Chris Carlile accepts his CFC Eagle from Loaned Executive Tomi Myers. Photo by Ervey Martinez

the depot's "Loaned Executive" hit the floor running, organizing and corralling a team of volunteers to present the CFC information to the depot workforce.

"I let the employees know how it affected my life personally," said Myers. "I let them know how different charities help people get through difficult times."

CCAD's workforce rose to the challenge donating \$672,824.90 with 56 percent of the workforce participating. 215 employees handed over more than \$1,040 each, earning a coveted CFC Eagle statuette.

"Loaned Executives" are volunteers who lead each organization's internal campaign. Myers assumed the LE role



The depot's CFC Volunteer team gathers around the Thomas M. Walker Award that recognizes the Loaned Executive and team that have given selflessly during the Combined Federal Campaign. This year's team included (l-r); Ross Gonzales; Janis Brooks; Col. Christopher Carlile, CCAD Commander; Ramiro Soliz; Anna Salinas; Jacob Torres; Tomi Myers; Sarah Ortega; Cdr. David Dargan, Executive Officer, NAS Corpus Christi; Rudy Sanchez; and Lalo Reyna; The award is presented by Cdr. David Dargan, Executive Officer, NAS Corpus Christi, Dec. 9, 2010 at Joe Cotton's Barbeque Restaurant. Not present: Nancy Lichtenberger, Astrid Hopkins, Ricardo Amaya.

after Lalo Reyna, a 15-year LE for CCAD's campaign passed the reigns to her. During the luncheon, Shannon Chaves, local CFC coordinator, honored Reyna's service with a plaque commemorating his selflessness and long-standing dedication to the campaign.

"Lalo will be missed, he was not only a huge friend to the CFC, but also incredible support for me," she said.

Federal employees can select from and support a wide variety of local or national charities during the campaign using either payroll deductions or one-time donations. Loaned executives drive the campaign through distributing materials to each employee and information

about selecting charities.

According to the campaign website, "CFC is the world's largest and most successful annual workplace charity campaign, with more than 350 CFC campaigns throughout the country and internationally to help raise millions of dollars each year and it continues to be the largest and most successful workplace fundraising program in the world."

In closing, Carlile said, "We're going to work to kick that 60-yard field goal. We'll reach for that million dollar goal because you never know when you or your loved ones might need the help of one of these organizations."



The depot's CFC Eagle Winners pose for a group photo during a ceremony to honor their contribution to the campaign. 59 of the 215 Eagle recipients were present for the event. Photo by Ervey Martinez



# CCAD Employees Deliver Thousands of Toys for Tots



Hundreds of bikes and thousands of toys donated by Corpus Christi Army Depot employees are stacked on CCAD's flight line, Dec. 8, 2010, ready to be handed over to the U.S. Marine Corps Reservists for their Toys for Tots campaign. Photo by Charlie Herschbach.

By Ed Mickley, CCAD Public Affairs

CORPUS CHRISTI ARMY DEPOT, Texas (December 8, 2010) – Employees of the Corpus Christi Army Depot delivered hundreds of bicycles and thousands of toys to the U.S. Marine Corps Reserve for their Toys for Tots Program, Wednesday, Dec. 8, 2010.

The Marines were very thankful if not slightly overwhelmed, having to make several trips with four trucks to gather all the toys. The depot provided two trucks to aid in transporting the toys to the Marine Corps' facility.

"It's incredible, said Lt. Col. Angel Cuellar, Officer In Charge, Inspector-Instructor, Co. C, 1st Bn, 23rd Marines. "I've never seen a donation like this before."

depot to help the Marines provide for underprivileged children in the Coastal Bend. The depot is one of the top five contributors in the region.

"These people support us every year, each year getting better and better," said Cpl. Laura Martinez. "Without them, it's possible we couldn't do it. They help us out every year."

"We do it because we're really fortunate and can help out the kids," said Leo Gonzales, Protocol asst. "It's a good feeling to be able to do that."

According to Larry Simone, CCAD's Director of Quality and this year's Toys for Tots coordinator, "We delivered 414 bikes and over 5200 toys. And to everyone at CCAD, thank you for making this a success."

"I've had 26 years in the service at this point and been all over the world and never have seen anything like what I've seen at this depot," said Col. Christopher Carlile, CCAD Commander. "I'm completely amazed and honored to be the commander. I cannot believe



A depot employee hands one of 414 bikes to the U.S. Marines during a handover at Corpus Christi Army Depot, Dec. 8, 2010. The Marines filled four trucks but still had to return to get the rest of the toys and bikes donated by CCAD's workforce. Photo by Kiana Allen.

the giving spirit of this depot."

In 2009, CCAD filled four three-quarter-ton trucks and a pickup with 1779 toys and 133 bicycles. Marines received a total of 53,491 toys for the 19,207 children in the Coastal Bend area.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community. The goal of the program is to instill a message of hope to less fortunate children that will assist them in becoming responsible, productive, patriotic citizens.



Col. Christopher Carlile, CCAD Commander, alongside Santa amid 414 bikes and thousands of toys on CCAD's flight line, Dec. 8, 2010, addresses CCAD employees, amazed and honored by their generosity. The Marines, Cpl. Laura Martinez, and Sgt. Dana Bactki stand ready to deploy their Marines to gather the toys. Photo by Kiana Allen.

Every year, CCAD employees, contractors and partners fill decorated Toys for Tots boxes scattered throughout the



## Depot Shares Heartily in KIII TV's "Share Your Christmas" Food Drive



Corpus Christi, Texas - Corpus Christi Army Depot employees, understanding full well the idea of caring for one's neighbor, turned out in force by supplying more than 15 55-gallon barrels full of food for the KIII-TV Annual food drive.

KIII-TV, the local ABC affiliate, held their 23rd Annual "Share Your Christmas" Food Drive, benefiting the Food Bank of Corpus Christi December 3.

Enrique "Leo" Gonzales, Protocol Assistant, led the drive with posters and electronic messages after positioning the barrels around the depot so the employees would have time to collect food and donate.

Gonzales gathered and loaded the barrels onto a depot Stakebody truck, the tires showing duress from the more than 6,000 lbs of food collected. Of the quantity, the list of

non-perishable items included assorted Canned Goods, Beans, Rice, Soups, Peanut Butter, Baby Formula, Baby Food, Diapers, Toothpaste, Shampoo, Bath Soap and pre-



*Photos by  
Ervey Martinez*



packaged dinners.

"We've been given a lot to be thankful for... A great country, a good job, family, friends," said Gonzales. "As we move into this holiday season, and consider all that we have, think on those who do not have food to eat and, as you have done so often, share just a little... a few dollars, give up a hamburger, a couple of Cokes and buy a dinner or a can of veggies that will make somebody else's day that much better."

After seeing the quantity of food collected by the depot, Heidi Garcia of the Corpus Christi Food Bank was especially thankful for the depot contribution, "The depot has been incredibly generous, every year they add more, helping out families that need so much."





# Operation Christmas Spirit Celebrates 30 Years of Giving

by Brigitte Rox, CCAD Publicist

Photos by Ed Mickley, CCAD PAO

What once started as a simple raffle to raise funds for nursing home residents has turned into a thirty-year tradition that has gained momentum and support from the Corpus Christi Army Depot; Army Defense Logistics Agency; Army Research, Development Engineering and the Coastal Bend area.

Operation Christmas Spirit is an annual event that thrives on goodwill and holiday cheer. Fundraisers are held throughout the year throughout CCAD to raise funds for nursing home residents.

With the funds earned, gifts are purchased, wrapped and hand-delivered by volunteers and their families who spread cheer with carols, gifts and candy canes.

Operation Christmas Spirit founder and retired CCAD employee, Manuel Garcia, was on hand to receive a City of Corpus Christi Proclamation from the mayor and city council honoring the 30th anniversary of Operation Christmas Spirit, 16 November 2010.



COL Christopher B. Carlile, Commander, Corpus Christi Army Depot; LTC Bernard Warrington Jr., U.S. Army Defense Logistics Agency Commander; Kevin S. Rees, U.S. Army Research, Development Engineering PE Chief and about a dozen others from CCAD, DLA and RDECOM helped celebrate the achievement and pledge their continued support for the cause.

Thirty years ago, Manuel Garcia could not have possibly imagined his idea would have grown to such proportions.

Garcia started Operation Christmas



December 7, 2010, was proclaimed "CCAD/DLA/RDECOM Operation Christmas Spirit – 30th Anniversary" day by the Mayor of Corpus Christi. The group including founder, Manuel Garcia, Col. Christopher Carlile, Lt. Col. Bernard Warrington and Kevin Rees gathered together in the Council Chambers to receive the proclamation from Mayor Pro Tem, Councilman Mark Scott, November 16.

Spirit at CCAD in 1980 during a visit to a local nursing home. He noticed residents were in need of clothing and other goods. He made it his mission to help them.

At work, he raffled a large peppermint stick to raise funds for the home however; government regulations against games of chance put an end to it. His Division Chief noticed Garcia's efforts so they began other methods of fundraising, raising over \$200 and receiving a substantial donation from a local chapter of the Knights of Columbus.

The next year, Garcia was joined by two depot employees: Connie Castanon and Tammy Stockton. The women had fundraising ideas of their own, initiating food sales held throughout the year. Food sales remain the main source of funds for Operation Christmas Spirit today.

As the popularity of Operation Christmas Spirit grew amongst depot employees, work centers began adopting more nursing homes—each hosting their own fundraisers and collecting, wrapping and distributing gifts.

It wasn't long before Operation Christmas Spirit went depot-wide, but it didn't stop growing there. CCAD's example of giving soon caught on with other government branches. Eventually, DLA and RDECOM joined the effort to provide to the area's elderly.

When Manuel Garcia retired on August 3, 2000, he left his legacy of Christmas spirit to CCAD employees. Sandra

Schoggins and Norma Puentes have taken up the torch to ensure the future of Operation Christmas Spirit as co-chair persons.

Operation Christmas Spirit is just one of the ways in which CCAD employees and partners give back to the community. The "season of giving" at the depot is 365 days a year, says COL Carlile. He credits CCAD as being one of the most generous units he has ever known.

This year, for example, the Combined Federal Campaign raised almost \$700,000 from the depot which is distributed to hundreds of charities. Last year, depot employees and partners donated over 100 bicycles and thousands of toys for Toys For Tots and is striving to break that record this year. CCAD continues to be one of the top five donors for the 19,000 children in the entire region. Last year, the depot donated 13 55-gallon barrels and boxes filled with food for the annual Share Your Christmas Food Drive for those in need.

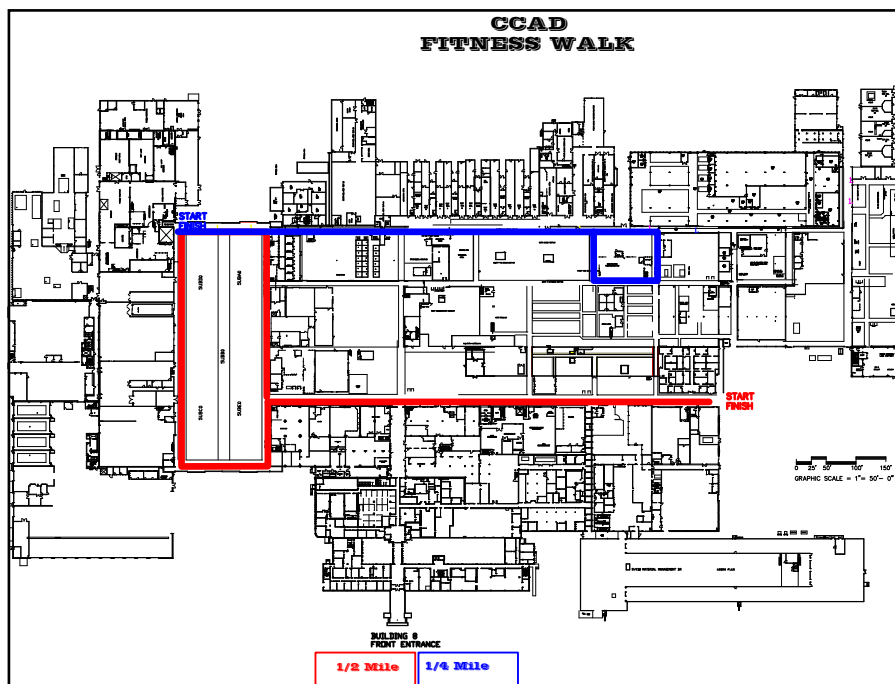
This generosity is a symbol of the "We've been given a lot to be thankful for in this country: A great country, a great job, family, friends," said COL Carlile.

This year CCAD, DLA and RDECOM employees will visit over 1200 nursing home residents at ten local nursing homes.

The 30th anniversary is officially set for December 7, 2010.



## CCAD's Fitness Tracks Ready For Walkers to Get on Road to Health



By walking these tracks a person can burn calories and with a combination of diet and exercise - get healthier – just follow the colored feet:

- Red Track 1/2 mile = 55 Calories burnt
- Blue Track 1/4 mile = 25 Calories burnt
- White Track 1.3 miles = 138 Calories burnt
- Inside Hangars 1/5 mile = 21 Calories burnt

Employees can walk these tracks during breaks and lunch to work toward a healthier life style.

By committing to a healthy life style with diet and exercise, risks can be greatly reduced and help improve the quality of life of our depot employees.

We have teams that are starting programs dedicated to improving the health and wellness of the depot, for example:

- Health and Wellness Committee
- Walking Fitness Tracks
- Presidents Fitness Challenge
- Stretching Program (Soon)
- Health risk assessments (Soon)
- Pedometer and stretch bands offered to employees (Soon)

This is for you and can have the benefits of life and lead to:

- Reduced accidents and the severity of accidents
- Reduced workers compensation
- Less absenteeism due to reduced illness, stress, aches and pains
- Saves money on employee medical costs (co-pay and medications)
- Voluntary Health Risk Assessments (may catch serious illness early)

**Bottom line –  
A better quality of life!**

## Pull System vs. Push System (Lego Exercise)



Pictured from left to right: Tammy Tuttle, Joe Herrera, Kresten Cook, William Braddy, Michael Torres, Richard Alvarado, Adriana Gamez, Larry Simone and Ramiro Treviño

On October 8, 2010 the Office of Continuous Improvement (OCI) facilitated a Lego exercise which demonstrated the difference in a Pull System (desired state) in contrast to a Push System (undesired state). The CCAD leadership participated in three scenarios: 1). Pushing five piece batches; 2). Pushing one piece, and 3). Using a one piece pull with a kanban. "Pull is a foundational element of Lean where the overriding goal is the elimination of waste. Pull allows for "just in time" inventory management which helps significantly reduce waste. Rather than pushing inventory to the floor whether its needed or not as some computer-based methods do, pull relies on inventory signals to replenish parts when and where they are needed in just the right amounts required to replenish customer demand. New material is produced only after old material has been consumed, thus eliminating waste." Taken from the Superfactory - Pull Manufacturing Resources website.



## “Chuckster” Gets a New Ride— Pagano’s Silver Bullet Replaces Ol’ Yeller

by Brigitte Rox, CCAD Publicist

After 28 years driving the same old delivery cart, Chuck “The Chuckster” Pagano was presented with some new wheels from the outgoing Commanding General of the Army Aviation and Missile Command, August 25.

Major General James R. Myles surprised Pagano with the cart during his final tour of the Corpus Christi Army Depot.

Pagano is a Laborer with the Customer Assistance and Special Project Branch, responsible for receiving and distributing mail correspondence throughout the depot for the Material Management Division.

He also disseminates local purchase contracts and reports and will gladly transport depot personnel and equipment, parts and office furniture throughout the depot.

Pagano remained faithful to his beat-up yellow cart, affectionately named “Ole Yeller,” until the moment he pulled up to a new cart that literally



Chuck Pagano cuts the ribbon on his brand new Silver Bullet delivery cart while Maj. Gen. James Myles looks on. U.S. Army Photo by Kiana Allen.

had his name on it, garnished with a red ribbon.

Addressing a crowd that had gathered around the cart to congratulate Pagano, Maj. Gen. Myles expressed his gratitude and pride for Pagano’s loyalty and service.

Pagano, a man of few words,

thanked Myles and all involved for the new cart.

The crowd cheered as the grinning Pagano cut the ribbon, climbed into his “Silver Bullet” and drove away to make his next delivery.

## RAMSEY OFFERS TIPS FOR A FINANCIALLY STABLE RETIREMENT

NASHVILLE, Tenn. – As bankruptcies among those 65 and older continue to rise, more people are focusing on how to properly plan for retirement. Dave Ramsey has five tips to help service members prepare for retirement.

- Invest in your future. When I speak of retirement, I think of security. Security means choices. The military offers many opportunities to go to school or learn a specific trade. With the average age of retirement in the military being 41 years old, many veterans choose to pursue their lifelong career dreams outside of the armed forces. By investing in your future while active in the military, retirement from your military career will only be the beginning of another career.

- Invest only when you are debt-free. Your most powerful wealth building tool is your income. By paying off all of your debts, except for your home, before you begin investing you are able to heavily invest without feeling financially strapped. If you focus on paying off your debts quickly, you will be able to begin investing in no time!

- Invest early. You must begin investing now if you want to spend your golden years with dignity. By getting started

early, not only can you invest more money but the magic of compound interest will also work for you! But remember, even though you should begin investing early, make sure to pay off all your debts first so that you are able to free up your income!

- Invest with the long term in mind. Investing for retirement is not “Get rich quick.” The investing you do for your retirement should be systematic and consistent so that over time you will become wealthy. If you are saving at good interest rates, every month, and for many years, compound interest will be your best friend. The best way to get rich is to not get rich quick, but to let time make you wealthy.

- Keep It Simple. You should never invest in anything you do not understand thoroughly. And by that I mean upside down, frontward, and backward. Simple is better, even when it comes to investing. If you cannot explain it to someone else, you should not buy it or invest in it.

*Dave Ramsey is a personal money management expert, national radio personality, and author of the New York Times best-sellers The Total Money Makeover, Financial Peace and More Than Enough.*



# Around Your Depot



Gloria Cruz (above) and Bradley J. Molina (below) receive Length of Service certificates---Bradley for 30 years, Gloria for 25.



Lauriano B. (L.B.) Garcia (r), pictured with Edward Avila (l), supervisor; retired today after 26 years of Federal service. Mr. Garcia served as Work Leader for 545B0. He's a dedicated CCAD employee and will be greatly missed by all.



Mr. Guadalupe Buenrostro, retired on Sept. 30, 2010 with 30yrs of government service. He worked at the Advance Metal Finishing Facility Bldg. 340. 2nd Shift.



On 16 August 2010 the Corpus Christi Army Depot recognized the certification of two Department of the Army (DA) Lean Six Sigma Black Belts, Roberto Herrera and Ramiro Treviño and one Green Belt, Oscar Treviño. The certifications for these two belts require two (Green Belt) and four weeks (Black Belt) of coursework and the successful completion of a Six Sigma project using the DMAIC format. The projects are reviewed by DA and verified for accuracy, cost savings or cost avoidance. The newly certified belts will continue to facilitate continuous improvement events and serve as coaches, mentors, and teachers to candidates seeking belt certifications.



Enrique (Rick) Deanda receives a Special Act Award from his Supervisor, Luis Tapia, and Division Chief, Crecencio Rodriguez, Directorate of Aircraft Production, Utility/Attack Helicopter Structural and Electrical Division. Mr. Deanda was recognized for taking charge of four lead aircraft in support of the United States Air Force Pavehawk program in Hangar 47 and providing invaluable support to their successful completion. Mr. Deanda volunteered for this assignment and displayed consistent ability to utilize all available resources to complete the aircraft assigned to him.



## Congressman-Elect Farenthold Tours Depot

The newly elected congressman for District 27, Blake Farenthold and District Director Steve Ray were guided through the depot by Kresten Cook, Deputy for Maintenance and William Braddy, Deputy for Support, December 13.



Kresten Cook, Deputy for Maintenance explains the process of engine rework to Congressman-Elect Blake Farenthold.

Farenthold, on his first ever tour of the depot, expressed interest about the infrastructure and new facilities, and increase in business and employment at the depot. He is looking forward to serving the region and providing continued assistance to the depot, understanding its importance to the community and the Army.



Congressman-Elect Blake Farenthold, District Director Steve Ray, Kresten Cook, Deputy for Maintenance Operations and William Braddy, Deputy for Support Operations gather around the model of the depot in Building 8. The deputies explain the width and breadth of the depot to the newly elected congressman.

## AFGE, CCAD Finalize Collective Bargaining

CCAD management and union representatives working together as partners, completed the negotiation process Nov. 15, in less than two weeks. The final product is a much improved and up-to-date agreement.



The negotiation team: Kevin Rees, Brenda Thomas, Manuel Aponte, Rod Wolthoff, Cindy Martin, Kenneth Weeks, Maggie Garza, Chris Lawrence. Sitting left to right: Cindy Mizes, Col. Christopher Carlile, Joe Gonzales, Not pictured Randy Wilson.

## CCAD Employees Step Up Once Again



Corpus Christi Army Depot employees line up after hearing about the Armed Services Blood Drive's desperate need for blood. Responding quickly, hundreds of employees signed up to donate at NAS Corpus Christi's Bay Club, December 15.



Two hardworking Visual Information teammates take a moment in front of the camera: Kiana Allen (l) and Audrey Gossett (r).

The Dynamic Component Rebuild Facility is progressing as can be seen in the photo. Construction is slated to be complete February 2012.







Lt. Col. Wright, Program Mgr., Utility Helicopters, thanks the UH-60 A-L Recapitalization Team for their incredible success and enduring effort in reaching 38 Recap Black Hawks sent back to the fight. Pizza was enjoyed by all at the MWR Bowling Alley.



More than 100 Marines and employees celebrated the Marine Corps' 235th Birthday in the Subway area of the depot honoring the day with cake-cutting, oldest and youngest Marines present, and a message from the Commandant of the Marine Corps, General James F. Amos. Honorees included Edward S. Garcia, USMC (Ret.) representing the Marine Corps League, Guest of Honor Gunnery Sgt. Brett A. Massey, oldest Marine Staff Sgt. Arturo E. Ponce De Leon and youngest Marine Corporal Cassandra K. Sasser. Presiding over the event was Chief Warrant Officer Juan Hernandez, (ret.).



Federal Managers Association honored Hilda Guevara as Member of the Year (above), Eric Olivarez as Supervisor of the Year (right), and Roderick Benson as Manager of the Year (below) during their Annual Christmas Dinner held at La Mansion. FMA President Marissa Arredondo presented the awards.



Deputy to the Commander for Support Operations, Mr. William Braddy, welcomes ROTC Students from Texas A&M University-Corpus Christi.



## Oldest Depot Employee Retires



By Brigitte Rox, CCAD Publicist

Amando David who was honored in July for being the oldest employee at the depot decided to retire. He was honored with a ceremony, Oct. 28, presided over by Michael Paddack, Branch Chief Team Nights (2nd Shift).

At 81 years old, David was the oldest employee at CCAD.

Born April 8, 1928, he arrived the same year as child actress, Shirley Temple, the first appearance of Mickey Mouse in Steamboat Willie and the discovery of Penicillin.

David has dedicated most of his life to his country, serving with the Navy for 20 years. After a short hiatus from government service he joined the CCAD workforce at age 60 and has been here for more than twenty years. He's retiring as a machinery mechanic helper, where he conducted preventative maintenance on all equipment at the depot, performed checks, replacements and repairs.

Decades younger than David, Kresten Cook, then Director of Engineering, brought attention to David's jet black hair, contrasting it with his own graying coif. "Staying here at this age takes a special dedication," said Cook. "He's an example to all of us."

At CCAD, David started at the jointer shop and later worked for the box shop manufacturing containers to transport aircraft parts. He started with teams in Engineering Services in 1998 as a production machinery mechanic helper. In 2001, DES created team nights to support production with the preventative maintenance efforts of production machinery and weight testing of any lifting devices. During the last 9 years David has been working second shift.

When asked for words of wisdom on his healthy age and work ethic, David admitted that he's quit a few things along his journey including drinking and smoking at 40.

Work seems to be one of those things he's not so willing to let go. "I'm very grateful for working with such wonderful workers," said David. "I never have any complaint."

"David will be leaving as an employee," said Paddack. "But will remain as a shining example of army values. They could very well have been developed simply by looking at David's service record and unquestionably knowing him as a person."

## On-The-Spot!

At ceremonies held on 18 Nov 10, Mr. Casey Barrera, Chief, T700 Engine Division, presented On-The-Spot awards to Glen Williams, Chief, GG Rotor Branch, 542E0, Monica Studer and Robert D. Ramirez, T700 Compressor Branch, 542D0, for their outstanding contributions to the reorganization of both, T-700 Compressor; 542D0 and T-700 GG Rotors, 542E0, work centers.





## LAR-U Graduates Aviation Field Maintenance, BluePrint Classes



16 Students graduated from two LAR University classes, Dec. 10 2010.

Aviation Field Maintenance graduates are: Jesse Supanick, Ryan Watson, Warner Howard, Terry Mullins, Warren Winkler, Curtis Latta, and William Hamilton. The Instructors: Todd Forshee, Tim Settle and Ted Talackine.

AMCOM Intern Blueprint Reading graduates are: Miguel Murillo, Brett Williams, Pamela Sharp, Kenney Charles, Justin Cartledge, Carlos Gonzalez-Perez, Jason Charlton, Lance Bartee, and Ja'lissa Williams. The Instructor: Todd Forshee. (class not photographed).



## The Healthy Food Trap

This may be one of the shortest newsletter to date; but recently a large number of people have asked, "I eat healthy and I still gain weight, why?"

Is this you? Do you eat healthy, exercise regularly and yet haven't been able to achieve your goal weight? Well as you can see, you're not alone.

You've fallen into "a healthy food trap". Simply put this is the misconception that as long as the food I'm eating is healthy then I don't have to worry about portion size. It's all good.

It sounds good, but sorry there are no "free rides" when it comes to fitness and weight loss. Weight loss always has and always will be a simple numbers game. You've all heard it before, but it's the simple truth; if you eat more calories than you burn, you'll gain weight. It makes no difference if those calories are healthy or not. If you eat more than you burn you will gain. Admittedly some foods though eaten in excess, are healthier than other; however the adage remain eat more than you burn and you gain. Sorry.

The answer is simple, continue to eat healthy foods; but reduce the size of your portions and watch as the weight falls off. By eating healthy your half way home. Reduce the portions and you'll find yourself at the weight and fitness level you want faster than you may ever have thought.

**Guess Who Captain's Cup Softball Champs**  
CCAD Guess Who defeated CCAD Mayhem in extra innings for the Base Captains Cup Softball Championship Monday Nov 18.

## CCAD's New Message Board Is Up!



<http://ccadpoapps.ccad.army.mil/messageboard>

IT has uploaded a new message board that is deployed as an icon to every desktop. It's going to be used to provide news/information to depot employees.



# CCAD IS ON facebook



## Like CCAD and Become a Fan today!

[facebook.com/pages/Corpus-Christi-TX/Corpus-Christi-Armv-Depot/127503813936902](https://facebook.com/pages/Corpus-Christi-TX/Corpus-Christi-Armv-Depot/127503813936902)



**L**ots of people ask me how to quickly and easily get fit. While I know they are hoping for a simple answer, the reality is that getting fit and staying fit is a lifestyle change, not a quick fix. Sometimes it's not easy; but it can be done.

So what do fit people do in their "healthy lifestyle"? Take a look at the

## 7 Habits of Fit People

following 7 Habits of Highly Fit People and see if you can apply them to your new lifestyle.

### **They Don't Buy Junk Food**

Fit people know that if they keep junk food in the house it will land on their waist sooner or later. So they don't buy any. Even buying junk food for your kids or spouse is not advised because 1) you'll likely eat some of it, and 2) your family shouldn't be eating that junk either. It's called "junk food" for a reason. Throw out those chips, cookies, candy, baked goods, pre-packaged snacks and anything else that belongs in a vending machine. Replace them with fresh fruit, veggies, nuts and other healthy whole foods snacks.

### **They Have Priorities**

Fit people make exercise a priority. Along with keeping a job, paying the bills and going to the doctor, exercise is an important part of their lives. What I've learned is that fit people put exercise before leisure time. Fit people enjoy leisure too, but it is scheduled around their workout time. Treat exercise time with the same importance that you would a business meeting or a doctor's appointment.

### **They Stop Eating When They Feel Full**

Fit people stop eating when they feel full. Sound simple? It is, but how many times have you stuffed yourself simply to clear your plate? Or how many times have you eaten another piece of cake despite being stuffed, because it tasted good? The next time you feel full, take it as a sign to stop eating. Yes, even if your plate isn't empty.

### **They Push Themselves**

Not only do fit people make time to go to the gym, they challenge themselves during each workout. While it is easy to simply go through the motions while exercising, you're cheating your body out of great results when you don't push yourself. Exercise should make you sweat, make your muscles burn, and leave you with a feeling of

accomplishment.

Find ways to make each workout more challenging. For competitive people, the best way to push yourself is to exercise with a friend of similar strength. Another great way to challenge yourself is to set small attainable goals. These goals could be to push heavier weight, to sprint longer, or to do cardio at a higher intensity setting.

### **They Don't Eat While Watching TV**

Fit people know that eating in front of the T.V. is mindless eating, and dangerous. When your attention is on your entertainment and not on your food, then you'll be less tuned in to what and how much ends up in your mouth. Eating in front of the T.V. is also habit forming. Ever notice how you crave munchies just as a reflex of sitting in front of the T.V.? Eat before or after your entertainment and pay attention to what and how much goes into your mouth.

### **They Drink Water**

Fit people drink a lot of water. They drink water not just in addition to other beverages, but instead of them. Water is their primary drink, while other drinks are occasional treats. Calorie-filled drinks are one of the quickest ways to add excess calories to your diet, which quickly turn into fat. Consider water your beverage of choice. Drink plenty of it each day and drink other beverages only a few times each week.

### **They Are Supported**

Fit people don't leave their motivation to chance. They know that if their personal trainer, boot camp instructor

or workout partner is waiting for them, then they are less likely to skip a workout. It is so easy to hit snooze or to talk yourself out of the gym as soon as your behind hits the couch after work. Fit people take the option of skipping out of the equation.

So there it is. No magic, just some common sense ideas that work to help you reach your fitness goals. I hope that these habits have inspired you to make a change to be as fit as you can be. If you already do some of these habits then congratulations you are on your way to a better body. Make an effort to include as many of these habits in your daily routine. You'll be glad you did, when you reach your fitness goals.

If none, or very few, of these habits describe your lifestyle, then I've got good news, you now have 7 effective new habits to start that will get you some awesome results. Don't try to tackle all 7 at once, pick one or two to add each week and gradually work up to all 7.

Now that you have some key habits to incorporate into your daily routine, here are 3 Anti-Fitness Habits that I hope none of you have. If you recognize any of them, it's time to make a change in your lifestyle; and stop them starting today. The following 3 habits will result in weight gain faster than you can say "anti-fitness habits."

**Drinking Calories.** Soda, coffee drinks, smoothies and fruit juices are filled with calories. Since liquids won't give you a 'full' feeling, these drinks slide by without notice of how many extra calories you're getting. Stick with water to avoid extra calories.

**Not Exercising.** Skipping the gym day after day, week after week, and month after month will lead to muscle loss and a reduced metabolism. Exercise 3-5 days per week to keep your muscles strong and metabolism high.

**Eating a Heavy Dinner.** Eating a large heavy dinner sets you up for weight gain. Instead of eating the majority of your calories late in the day, spread it out over the entire day.



## CCAD Teams Runs Longest Relay in US

What can you do with 36 hours available and 12 guys associated with CCAD? How about completing the longest relay in the US?



Jeff Unger, Rocky Sarate, Zach Anderson, Marco Garcia, Cesar Garcia, Sergio Perez (Iron Man Leg), Louis Delgado, David medina, Jaime Flores, Pete Garcia, Andy Bauer, Jamie Felgenhauer started early Friday morning on the 15th of October in Texas capital, Austin. 33 hours later logged 223 miles to arrive in Corpus Christi in front of the USS Lexington.

This was quite an adventure running through the Texas hill country and through the night to arrive safely back in Corpus Christi. The Team has it's sight on participating in Texas Independence relay in March next year and of course completing this relay again next fall.

## SWAGA Welcomes Wounded Warriors

by Roy McCoy, President, SWAGA

The Southwest Amputee Golf Assn. Regional Championship tournament was held at the beautiful Republic Golf Club in San Antonio, October 2-3. The course, a PGA Seniors tour qualifier, was in excellent shape. The weather was absolutely beautiful with the temperatures holding firmly in the middle 80's for both days. Two days of sunshine, good golf and fantastic camaraderie left the golfers with an appetite for more.

Among the field of 54 men and women were nine wounded warriors currently stationed at Brooke Army Medical Center in San Antonio. SWAGA invited the soldiers, working with the "Center for the Intrepid" while several sponsors covered their cost so the Soldiers were able to play free.

Having the warriors join us allowed them the opportunity to play some golf and meet other amputees, but it also gave us an opportunity to thank them for their service to our country. They are a great bunch of guys!

"Freight Solution Providers" out of Sacramento, California was the major sponsor for the soldiers and current SWAGA member, Dustin Granger.

The competition was very good this year. The course provided some pretty challenging pin placements the first day and only "softened" the placements slightly for the second day.

Thanks to our Tournament Sponsor, "Waste Track Services" out of Granbury, Texas, we were able to offer a special prize to the overall champions of the leg and arm amputee divisions. SWAGA will be paying these winners' entry fees into the 2011 NAGA Championships.

## CCAD Employee Competes in National Championship



George Kunkle, Process Optimization Manager, in the Office of the Commander qualified to compete in the American Bass Anglers (ABA) National Championship to be held in Paris, Tenn. on Kentucky Barkley Lake, October 1st thru the 8th.

Kunkle is the 2010 South Texas (Bass) Angler of the Year and currently sits at number 49 in the national standings (9th in the Army) qualifying him to compete against the top 500 anglers from the U.S. and 5 other countries. As angler of the Year he will also compete in the "Final Round" competition to be held prior to the first day of National competition; the Angler of the Year qualifiers from each state will compete to determine the National Angler of the Year and the \$60,000.00 prize.

The final round event is followed by 6 days of competition to determine the National Champion who will take home his share of up to \$250,000.

George is the American Bass Angler's Tournament Trail Director for

Division 51 here in Texas and has been competing professionally, at all levels, for over 20 years.

American Bass Anglers is the largest tournament trail dedicated to the weekend angler. The organization was founded in 1975 and was formed for military bass fisherman and called Military Bass Anglers Association or MBAA for short.

American Bass Anglers operates the American Fishing Tour, The Toyota Tundra Bassmaster Weekend Series, The 150 Series, and the American Couples Series. Each tour is design specifically for the weekend angler offering low cost and close to home events so the anglers can qualify for larger championship.



## A CCAD Poet Remembers 9/11

by *Brigitte Rox*

This September marked the ninth anniversary of the tragedy on September 11, 2001 when four hijacked commercial airplanes shook a nation. Nearly 3000 lives were taken and the skyline of New York City was forever changed. An unforeseen result of the tragedy, however, was the resounding renewal of patriotism in Americans throughout the country.

Derrick Fuentes is one such individual. An L3 mechanic who disassembles and evaluates rotor heads and their parts, he came to work at the Corpus Christi Army Depot on Friday, September 10 eager to get his weekend started.

As he checked his e-mail during his normal morning routine, there was one message that moved him. It was a simple request from COL Christopher B. Carlile, Depot Commander one day before the 9th anniversary of the attacks.

"Tomorrow is a day for quiet contemplation, an occasion for you to remember" said the commander. "Join me as we honor the memory of 9/11 observing a moment of silence at your workstation at precisely 0746, the moment the first plane hit."

For Fuentes, a moment of silence was not enough. He wrote the poem and sent it directly to COL Carlile.

"I felt I should try to write something in honor of those who fell and those who were there in person and survived," said the poet.

"I don't know if I came close in describing what exactly was felt," Fuentes admitted, "but this was the best I could come up with."

"I will never forget that day and how I felt."

### Let Us Remember

Give me a second of your time

Join me now as I take us back

And refresh all our memories

Of One terrible and heinous act

Planes were crashing into buildings  
Giant clouds of smoke filled the sky  
Chaos and fear consumed the streets  
Siren sounds provoked chills inside

People were covered in ashes  
The sounds of screams blast through the town  
Seemed moments after the crashed  
Both the towers crash to the ground

To those who witnessed in person  
To all the innocent who fell  
To the people who survived this  
But felt like if you went through hell

Those who lost mothers and fathers  
Those who lost sons and their daughters  
Or lost a friend, niece or nephew  
I wish you peace, may God bless you

Let us never forget that day  
And let us never forget you

Till we reunite in heaven  
Let's remember 9/11

## More Than 1.5 million People Arrested in the United States

According to USA Today, more than 1.5 million people were arrested in the United States last year for driving drunk and at least that many are estimated to have driven under the influence of drugs.

Drunk and drugged drivers continue to haunt our roads and highways causing more than 17,000 Americans to die each year; in 2003, 17,013 people died in an alcohol-related traffic crash. According to the Centers for Disease Control and Prevention, impaired driving will affect one in three Americans during their lifetimes.

In an effort to increase community awareness, December is National Drunk and Drugged Driving (3D) Prevention Month. First started in 1982 by President Ronald Reagan, this national holiday has experienced increased community support and continues to promote safer streets on a daily basis.

National Commission Against Drunk Driving Statistics

\* 41 percent of all traffic crashes are alcohol-related.

\* Nearly 600,000 Americans are injured in alcohol-related traffic crashes each year.

\* Someone dies in an alcohol-related traffic crash every 30 minutes. Every two minutes someone is hurt (non-fatally injured) in an alcohol-related accident.

\* Three out of every 10 Americans face the possibility of being directly involved in an alcohol-related traffic crash during their lifetime.

Centers for Disease Control and Prevention - Impaired Driving Facts

\* Each year, alcohol-related crashes in the United States cost about \$51 billion (Blincoe et al. 2002).

\* Most drinking and driving episodes go undetected. In 2001, more than 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics (FBI 2001). That's slightly more than 1 percent of the 120 million self-reported episodes of alcohol-impaired driving among U.S. adults each year (Dellinger et al. 1999).

\* To further decrease alcohol-related fatal crashes, communities need to implement and enforce strategies that are known to be effective, such as sobriety checkpoints, 0.08% BAC laws, minimum legal drinking age laws, and "zero tolerance" laws for young drivers (Shults et al. 2001, Shults et al. 2002).

\* Drugs other than alcohol (e.g., marijuana and cocaine) have been identified as factors in 18% of motor vehicle driver deaths. Other drugs are generally used in combination with alcohol (NHTSA 1993).

\* Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration (BAC) of 0.10% or great-

*Cont'd on next page*



### 1.5 Million people (cont'd)

er (NHTSA 2003a). A BAC of 0.08% is equal to or greater than the legal limit in most states.

\* At all levels of blood alcohol concentration, the risk of being involved in a crash is greater for young people than it is for older people (Mayhew 1986). In 2002, 24% of drivers ages 15 to 20 who died in motor vehicle crashes had been drinking alcohol (NHTSA 2003b).

\* Young men ages 18 to 20 (too young to buy alcohol legally) report driving while impaired almost as frequently as men ages 21 to 34 (Liu 1997).

\* In 2002, 22% of the 2,197 traffic fatalities among children ages 0 to 14 years involved alcohol (NHTSA 2003c).

\* Adult drivers ages 35 and older who have been arrested for impaired driving are 11 to 12 times more likely than those who have never been arrested to die eventually in crashes involving alcohol (Brewer 1994).

\* Nearly three quarters of drivers convicted of driving while impaired are either frequent heavy drinkers (alcohol abusers) or alcoholics (people who are alcohol dependent) (Miller 1986).

The statistics, though horrifying, help us to realize how imperative educating our community is. It could help save a life...

## More Toys for Tots!!



## Thanks!

## Dallas Morning News: Bedford Soldier's Suicide Exemplifies Growing Problem

By DAVID TARRANT / The Dallas Morning News

Just home from work, Charles McKinney sat in his Bedford home watching TV with his 13-year-old granddaughter. He glanced out the window of his front door and saw two soldiers in dress uniforms striding up his front walk.

He bolted into the kitchen, where his wife, Rhonda, was cooking supper. "Don't let them in!" he yelled. "Don't let them in!"

Charles knew there would be only one reason why the soldiers would be coming to his house: to inform him that his only son, 40-year-old Master Sgt. Jeffrey McKinney, had died during his second combat tour of duty in Iraq. The only question was how.

When they learned that their son had fatally shot himself, the McKinneys sat in stunned disbelief.

Suicides among service members have occurred with disturbing frequency during the nine years of the wars in

Iraq and Afghanistan, leaving family members and military leaders struggling for answers.

Jeff's death, during a routine morning mission on July 11, 2007, was one of 115 suicides in the Army that year - a record total at the time, but one that would be broken continually over the next three years. In 2008, the number increased to 140, and last year, 163 soldiers took their own lives. Altogether, the Army's suicide total has doubled since 2004.

In Texas, Fort Hood has seen a similar spike. Military police are investigating four suspected suicides in the last 10 days. With 14 confirmed suicides already this year, Fort Hood is on pace to shatter its previous record of 14 suicides set in 2008.

The Army's vice chief of staff, Gen. Peter W. Chiarelli, says the suicide issue is the most frustrating problem he has faced in his 38-year military career. The reasons for the rash of suicides

are unclear. Combat deployment is not necessarily the prime reason for the increase, according to experts. The Army is one year into a groundbreaking study with the National Institutes of Mental Health that could help explain the root causes.

The Army, along with the other military branches, is adding mental health counselors and behavioral health programs to combat a problem still not fully understood. "It's about the mental well-being of the force, both soldiers and families," Chiarelli said.

For the McKinneys, the fact that Jeff could take his own life was the furthest thing from their minds. This wasn't the son they knew, the man with a wife and newborn son in Germany, where he was stationed before deploying to Iraq. This wasn't the beloved first sergeant who liked to sing Sesame Street songs to his men - some as young as 18 - to cut the tension during dangerous patrols. This wasn't the caring leader who



***Soldier, cont'd***

always made sure his soldiers had their needs met before he ate or rested.

"No, he didn't do that," Charles heard himself saying to the soldiers who'd come to his door. "There's no way."

Whatever troubled Jeff McKinney is still not clear, even three years later. He did not leave a note. He wasn't having any financial problems. He was looking forward to retiring from the Army in about a year and a half.

Just two months earlier, he had been appointed first sergeant of his unit. "He was so proud," Charles said. "He e-mailed me and said, 'I'm the top enlisted man in the company.'"

At their modest one-story home in Bedford, Charles and Rhonda spend each day trying to balance the pain of losing Jeff with their fond memories of him. Charles remained close to his son after divorcing Jeff's mother when his son was in grade school. Jeff was an adult when Rhonda married Charles, but she loved Jeff like her own family.

Their living room is filled with mementos and photographs of their son. One photo placed prominently on the TV set shows their son at a castle in central Germany where he and his German bride were married in 2005. Jeff is smiling broadly and looking tanned and fit.

Another shows Jeff at about age 10, holding a .22 rifle and striking a soldier's pose. Jeff had always wanted to follow his father, a former Marine and Vietnam veteran, into the military. Jeff joined the Army while still finishing up at DeSoto High School, under a program that allowed him to complete boot camp the summer before his senior year. When he graduated in 1985, he was already ahead of most of his peers.

Jeff's best Army buddy was Kevin Floyd, a fellow first sergeant. He got to know Jeff at Fort Polk, La., and later joined him in Iraq. Jeff never showed any signs of depression, Floyd said. He loved fishing and mountain biking, and he spent many weekends at Floyd's

house for crawfish barbecues. "He was always very outgoing and active," Floyd said.

As a soldier, Jeff was an "excessive perfectionist," Floyd said, always going above and beyond. He recalls an officer asking Jeff to put together a work space for a tactical operations center in Iraq. Most people would have shoved a few card tables together, Floyd said. But Jeff persuaded some civilian contractors to build a U-shaped desk space, complete with built-in shelving for TV monitors and other communications equipment. "It looked really awesome," Floyd said.

Jeff's first assignment took him to Germany. He fell in love with the country and managed to get stationed there three times, teaching himself to speak German fluently. He was assigned to Berlin during the Persian Gulf War in 1991 and thought he had missed his only chance at combat.

But in 2004, his turn came when he deployed to Iraq with the 1st Battalion, 26th Infantry Regiment out of Schweinfurt, Germany. His unit fought in the Battle of Samarra in central Iraq, which had fallen under the control of insurgents. He was repeatedly exposed to improvised explosive devices, known as IEDs. He was haunted by one battle in which his patrol fought insurgents holed up in a school and some children were killed in the crossfire.

"He lived with that every day afterward," Charles said. "He said he could still hear the mothers screaming and crying and wailing."

After that deployment, Jeff lost interest in hunting and the rifle his father had given him the Christmas before he left for Iraq. "I just don't think I like guns anymore," he told Charles.

He married his longtime girlfriend, Christina Maurer, in a church wedding in her hometown of Muehlthal, a small community southeast of Frankfurt. By the time Jeff left for Iraq again in the summer of 2006, Chrissi was pregnant. That November, she gave birth to a son, Jeremy.

Jeff was doing a 15-month tour of

duty in east Baghdad, a stronghold of the Sunni insurgency. Midway through, he was appointed the top sergeant of Alpha Company. In an e-mail on June 16, 2007, to wish his dad a happy Father's Day, he grumbled about the extended deployment and "brutally hot" temperatures. He said he was looking forward to retirement and to being "able to come home each day at a normal hour."

That was the last time that Charles heard from his son.

Five days later, on June 21, 2007, one of the 1st Battalion's Bradley armored vehicles drove over a roadside bomb, exploding into flames and trapping its five soldiers inside. Jeff and other soldiers arrived quickly but were too late to save the men.

Jeff stayed to help pick up body parts.

"This seemed to be the first of a few incidents that affected" Jeff, a medic told investigators, according to records that were released to the McKinneys. On June 24, another roadside bomb exploded two feet in front of Jeff's vehicle. His driver told investigators: "There is no doubt that if this IED had struck the vehicle, we all would have been killed."

After that, Jeff's behavior began to change. He openly worried that he wasn't doing a good job. His company commander said Jeff repeatedly expressed concerns that he was "failing the company" as the senior noncommissioned officer. "His complaints were unfounded, and I explained this to him each time," the commander told investigators.

On the Sunday before his death, Jeff called his wife in Germany. He told her he was having trouble sleeping. "We were talking, and he said he felt pretty weird and not right and very tired," Chrissi said. "He fell asleep on the phone, and I told him it's better for him to go to bed. He promised me to see a doctor in the morning."

The company commander also observed that Jeff wasn't sleeping and appeared gaunt. On July 10, the day



***Soldier, cont'd***

before his death, Jeff met with the company commander, who later told investigators that he gave Jeff "a handful of Benadryl" - a decongestant and sleep aid - and ordered him "to get at least 10 hours of sleep" or else he could not go out on the next morning's mission.

The next day, as the platoon gathered for the pre-dawn patrol, Jeff was supposed to give the casualty evacuation briefing. But Jeff responded with only "a blank stare," the commander reported. "I took over the rehearsal and conducted the briefing."

Even so, the commander decided not to remove Jeff from the patrol. "If I would have sent First Sergeant McKinney back to his rack, I'm afraid his soldiers would have lost confidence in his leadership. ... I believe this would have broken him and his self-confidence," the commander told investigators.

According to statements from soldiers in Jeff's Humvee, he sat silent in the front passenger seat and played with a round from his M-4. When he got a call on the radio, he stared mutely at the receiver. "But we did not think anything of it," one soldier said, "just figured he was tired."

When the mission ended about 2 p.m., an Iraqi interpreter asked for a ride back to base. After some grumbling from the other soldiers, Jeff ordered them to make room for the interpreter.

Then, according to statements from soldiers at the scene, Jeff threw down the round he'd been holding, opened his door and yelled "[Expletive] this!" He took a couple of steps and fired two rounds into a vacant building. Then he placed the muzzle of his M-4 under his chin and pulled the trigger.

"As he pulled the trigger, I saw in his face that he realized what he was doing and did not want to do it," the Humvee's driver said. "He tried to move his head, but still the round caught him."

"He just cracked"

Jeff was buried near his wife's home in Germany. Charles and Rhonda traveled from Texas to the memorial ser-

vice and were joined by more than 200 soldiers from their son's base in nearby Schweinfurt. But the ceremony provided no emotional closure.

"We expected that he possibly could get shot by somebody or by a roadside bomb ... but not this," Charles said. "This wasn't planned suicide. It wasn't a premeditated suicide. I think Jeff was in a daze. He just cracked at that time."

The autopsy report indicated there were no drugs in Jeff's system. But photographs of his barracks that came with the investigative report showed several bottles of sleeping pills, including Ambien. The McKinnys have requested but have been unable to get any records from the Army that would shed light on their son's medical history.

Still, the photographs offer clues to Jeff's mental state during his final days. He was a stickler for neatness from the time he was a child, but his sleeping area was in complete disarray. "That wasn't like him," Charles said.

Charles believes his son was probably taking sleeping pills and that might have affected his thinking. He also believes Jeff was probably suffering from post-traumatic stress disorder or a traumatic brain injury aggravated when the bomb exploded in front of his vehicle three weeks before his death.

Rhonda and Charles fault the commanding officer for allowing their son to go out on the patrol - even when he was acting strangely during the pre-mission briefing. "I'm not a military person, but wouldn't that be a red flag?" Rhonda asked.

For a long time, Charles had trouble sleeping. "I would wake up at night sobbing having had a dream that I'd been with him," he said.

Because he couldn't easily visit his son's grave, he started attending other military funerals. "I didn't have him nearby to go visit. I needed to pay my respects somewhere, so I'd go do that," Charles said. "I felt like I could relate to those people, and I needed to be there and share their grief. I would stand off to the side and just observe the funeral."

Charles and Rhonda eventually found support among other military families who, like themselves, had suffered the loss of a service member. That led them to the Tragedy Assistance Program for Survivors, a national, nonprofit organization. They met and bonded with other families grieving over the loss of loved ones.

Two years after Jeff's death, Charles decided to fly back to Germany and visit Jeff's grave. He stayed for 10 days. "I spent hours at the cemetery by myself with Jeff," he said. "I cried a lot. I just kind of poured it all out. I just had to get it out, because we never really let go."

"And when I left there, I felt like a weight had been lifted off of me. It was like Jeff had said, 'OK, Dad. I'm fine. I'm not hurting anymore. You need to get on and live your life.' I was able to come back home."

**The National Association of Military Families, [www.nmfa.org](http://www.nmfa.org), has resources and support for military spouses and children. They also run Operation Purple camps for military kids.**

**Blue Star Families, [bluestarfam.org](http://bluestarfam.org), is a network of military families with 70 chapters around the U.S.**

**Strong Bonds, [www.strongbonds.org](http://www.strongbonds.org), offers relationship enrichment classes for military couples.**

**The National Guard Family Program, [www.jointservicesupport.org](http://www.jointservicesupport.org), provides outreach and information to Guard families.**

**Force Health Protection & Readiness, [fhpr.osd.mil/deploymentTips.jsp](http://fhpr.osd.mil/deploymentTips.jsp), is a family support program for reservists.**

**TRIAD fund, [www.triadfund.org](http://www.triadfund.org), has state and local resources for veterans and military families.**

**Vets4Vets, [www.vets4vets.com](http://www.vets4vets.com), uses peer support for Iraq and Afghanistan-era veterans to heal from the psychological injuries of war**